

Love Your Heart

EAT YOUR SEAFOOD

SHARE IT!

Tweet: We've included tweets to use with your followers – join the conversation with #SeafoodNutrition and be sure to mention us, @Seafood4Health!



- 🐦 Pledge to love your heart: <http://www.SeafoodNutrition.org/healthy-heart-pledge.html>
- 🐦 #EatSeafood...live longer! #SeafoodNutrition
- 🐦 #EatSeafood save lives - an additional 50,000 deaths from #heartdisease and #stroke are avoided per year by eating #fish @seafood4health
- 🐦 Eating #seafood two to three times per week reduces the risk of death from any health-related cause #Seafood2xWk
- 🐦 #Seafood has essential #omega3 fats. Low intake contributes to 84,000 deaths each year
- 🐦 #Seafood deficiency is a leading dietary contributor to preventable death in the U.S. @seafood4health
- 🐦 #Seafood among highest-quality #protein (like eggs, meats, poultry, dairy) and offers additional health benefits @seafood4health
- 🐦 #Seafood can reduce your risk of heart disease. Take the pledge to #loveyourheart & #eatyourseafood at SeafoodNutrition.org
- 🐦 Seafood can improve how you feel during pregnancy and help your child develop a healthy brain and eyes @seafood4health
- 🐦 Seafood can improve memory and sharpness in older adults. #healthyaging @seafood4health
- 🐦 The USDA HHS DGA recommends that Americans eat #Seafood2xWk @seafood4health
- 🐦 Dinner in a hurry? Seafood cooks in 15 minutes or less. Follow @seafood4health for tips and recipes!
- 🐦 Fresh, frozen, or canned seafood can make a meal in 15 minutes or less @seafood4health



The Seafood Nutrition Partnership's mission is to inspire a healthier America by raising awareness about the health benefits of seafood. SeafoodNutrition.org

- 🐦 For less than \$2.50 per serving, your family can enjoy this Italian Tuna Salad! <http://bit.ly/1V5Bd7n>
- 🐦 Seafood is a "protein with benefits" – it's among the highest-quality proteins and offers additional health benefits #SeafoodNutrition
- 🐦 Use #TacoTuesday for a serving of #seafood. Try these Gluten Free Grilled Tilapia Tacos: <http://bit.ly/1WdtmqQ>
- 🐦 For #NationalSeafoodMonth, pledge to love your heart and eat your seafood <http://bit.ly/1x0Ffba>
- 🐦 The confusion is over. Download *The Ultimate Fish Cooking Chart* and never wonder if your seafood is done. [Link to download document]
- 🐦 No matter your craving or situation, there is a seafood option for you! *Seafood Shopper's Guide to Buying* [Link to download document]
- 🐦 Seafood fits into everyday favorites. Learn how to *Remake the Plate* – with #Seafood! @seafood4health [Link to download document]

Follow:

- Facebook.com/SeafoodNutrition
- Twitter.com/Seafood4Health
- Pinterest.com/Seafood4Health
- Instagram.com/SeafoodNutritionPartnership

Share with friends: Here are ideas to engage with consumers on social media, including polls, quizzes, and meal ideas!

- Did you know – seafood cooks in 15 minutes or less? What are your favorite recipes for a quick #seafood dinner?
SeafoodNutrition.org/italian-tuna-salad.html
- Are you getting enough? The USDA HHS DGA recommends that Americans eat seafood twice a week. Take the pledge today to love your heart and eat your seafood. #SeafoodNutrition <http://www.SeafoodNutrition.org/healthy-heart-pledge.html>
- When you add seafood to your diet, you are adding lean protein, crucial omega-3 fatty acids, and essential vitamins and minerals. #SeafoodNutrition
- Adding two meals of seafood a week ensures that you are adding critical nutrients to support your long-term health. Try Asian-Style Steamed Salmon for your next meal: <http://www.SeafoodNutrition.org/asian-styled-steam-salmon.html> #SeafoodNutrition
- For a healthier heart and mind, experts recommend eating seafood twice a week. It's so easy! Just take your favorite dishes and go fish! Love burgers? #GoFish with this Salmon Burger: <http://recipes.alaskaseafood.org/recipe.php?id=71>
- Seafood is a "protein with benefits," among the highest-quality proteins, and offers additional health benefits – it can reduce your risk of heart disease, improve how you feel during pregnancy and help your child develop a healthy brain and eyes, and improve memory and sharpness in older adults. Get your two servings per week. #SeafoodNutrition
- October is #NationalSeafoodMonth – take the pledge to #LoveYourHeart and #EatYourSeafood. #SeafoodNutrition <http://www.SeafoodNutrition.org/healthy-heart-pledge.html>

- **How many times a week should you eat seafood for your health?**
Answer: The USDA HHS DGA recommends that we all eat seafood twice per week. Eating seafood two to three times per week reduces the risk of death from any health-related cause.
- **In addition to omega-3s, what other "hard to get" nutrient does seafood supply?**
Answer: Just one serving of salmon provides 100% of daily recommended vitamin D.

- Eating seafood at least twice a week has been shown to reduce the risk of heart disease. Enjoy this Italian Tuna Salad and you'll be halfway to your weekly goal! #recipe <http://www.SeafoodNutrition.org/italian-tuna-salad.html>